

Webinar # 1: National Black Muslim COVID Coalition: 3/25/20

Minutes by: Oumy Thioune – DREL2019 Fellow

- I. Call to Order: 8:10pm EST**
- II. Opening:**
 - a. Introductions & Welcome Du'aa**
 - i. Margari Hill & Imam Nadim
- III. COVID-19 Facts, Myths, & Misconceptions**
 - a. Donna Neil Demir, RN, BSN**
 - i. What is it?**
 - 1.** From a family of viruses, new strain and has not been previously identified. Can stay alive on surfaces for up to 19 hours. Different from other viruses that are related to the common cold, does require diagnosis. Still being studied, still being researched.
 - ii. Transmission**
 - 1.** Spread through contact (cough), virus that attacks our respiratory tract(lungs). Either is inhaled or transferred through touch of surface or clothing and then touching of face (mouth especially). No indication of animal to human infection. Is easily identifiable through an x-ray
 - iii. Signs and Symptoms**
 - 1.** Can appear 2-14 days after exposure

- a. Become ill very rapidly
 - i. Can also be asymptomatic
- b. High fever (101+), cough, extreme tiredness
 - i. These don't necessarily need hospitalization
 - ii. Severe case will have breathing problems, persistent pain in chest or pressure, GI upsets, confusion or inability to arouse the person, bluish color to the lips, eyelids, or fingertips (cyanosis).
This requires hospitalization.
- c. Case with most people is you can have this and recover at home (call healthcare provider first)
 - i. Don't take Motrin/ibuprofen, stay hydrated, take supplements, Vitamin C
- d. Contagious period
 - i. Can have it and not be affected extremely
- e. Who is at risk?
 - i. All of us
 - 1. Elderly 65+
 - 2. People with disabilities
 - 3. Those with pulmonary diseases
 - 4. People with recent transplants/ chemotherapy
 - 5. Anyone with the cold or flu
 - 6. Those who are obese with BMI over 40
 - 7. Smokers
- f. When to go to the hospital?
 - i. when you can no longer breathe easily and are feeling confused

iv. Recommendations

1. Wash hands for 20sec with warm water and soap. World Health Organization has an accurate video of how to wash hands properly
2. Isolation and social distancing as much as possible
3. Cough through tissue or something disposable
 - a. Not through elbow because you are spreading the virus

IV. Emotional Impact of Pandemic, Quarantine & Uncertainty

a. Kameelah Rashad, PsyD

i. Psychosocial Concerns

1. Recognition of feelings when they present themselves
2. Manifestations of emotional impact
 - a. Trouble sleeping, restlessness, etc

ii. Recommendations

1. Find someone who knows when you are not well
2. Exercise

V. Spiritual Coping in Troublesome Times

a. Imam Nadim Ali, LPC & Imam Abdul-Malik Merchant

i. Spiritual Coping

1. Do everything humanly possible, and let the rest fall into the hands of Allah SWT
2. Islam is not a religion of empty rituals

ii. Crisis of Faith

1. Spirituality- that which fills you up
2. Closure of Masjids
 - a. Pray in home, in very small groups

iii. Impact

1. Switch from face to face classes to online classes, study abroad students, employment

iv. Religion

1. We know what we know about COVID, and we cannot infer anything from that information. Allah promises us that he will not burden any of us with more than what we have bear.

v. Recommendations

1. Seek tranquility of Allah, have certainty in tranquility
2. Practice makes practice, continue the ritualistic practices of cleanliness plus more
1. Lovingly surrender. We have finite control over this situation compared to Allah SWT.
2. Take this time to step back. Decentering our ego and recentering our Allah SWT.
3. Use this time to have loving and peaceful introspection. Whoever knows themselves, knows their God.

VI. Advocating for Community Needs

a. Imam Tariq El-Amin

i. Emergency

1. State of emergencies make priorities emergent
2. 40% of American can not afford a \$400 emergency (2019)

ii. Census

1. Most undercounted racial group is "Black"
2. Census dollar affects the amount of money a community receives

iii. Those Incarcerated

1. Release those who are nonviolent offenders potentially

2. County in CA has stops transferring inmates from county to jail.

iv. Recommendations

1. Fill out Census!
2. Send letters and make phone calls to the people in seats of power

VII. Overview

- a. Response to the effect of COVID-19 to the American population and healthcare system.
- b. Response to answer questions about spirituality and staying safe from people across the diaspora by using our **6 areas**

VIII. Q&A

- a. Virus vs Bacteria
 - i. This is a virus. Viruses cannot be treated with antibiotics, antivirals are used. Yes, it can be airborne.
- b. How to deal with violence amongst youth in alongside this pandemic, janazahs?
 - i. First the youth have to be engaged in an attempt to stop the violence from happening in the first place.
- c. How to handle feelings of helplessness?
 - i. Pause and pray for patience
 1. Accept that you are in a hard position, take a step back, tie your camel and trust in Allah.
 - ii. Enlist help from those closest to you
 - iii. Accept that you are in

IX. Coalition Next Steps

- a. Feedback/Questions
- b. Recruitment
 - i. Can join as a committee/organization

